

Garrison Safety Newsletter

United States Army Garrison, NTC and Fort Irwin November 2015



FALL BACK 2015 TIME CHANGE NOVEMBER 1, 2015 **DRIVING SAFELY AT NIGHT**

The National Safety Council reports that traffic death rates are three times greater at night than during the day. Yet many of us are unaware of night driving's special hazards or do NOT know effective ways to deal with them.

Driving at night is more of a challenge than many people think. It's also more dangerous. Why is night driving so dangerous? One obvious answer is darkness.

Ninety percent of a driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition, and peripheral vision are compromised after sundown.

Older drivers have even greater difficulties seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year old.

Another factor adding danger to night driving is fatigue. Drowsiness makes driving more difficult by dulling concentration and slowing reaction time.

Traffic crashes that include at least one driver or motorcycle operator with a blood alcohol concentration of .08 g/dl or greater account for about 32% of total traffic fatalities. That makes weekend nights more dangerous. More fatal crashes take place on weekend nights than at any other time in the week.

Fortunately, you can take several effective measures to minimize these after-dark dangers by preparing your car and following special guidelines while you drive.

**GARRISON SAFETY
TEAM**

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SAFETY TRAINING:

<https://imc.army.mil/airs/default.aspx>

*Please call 380-7708
for more
information*

**Building Manager
Training**

19 November

*Please call 380-6845
to register*

**CDSO/ADSO
TRAINING**

12-14 Jan 16

5-7 Apr 16

26-28 Jul 16

*Please call 380-6024
to register*



Driving at Night

**THE NATIONAL SAFETY COUNCIL RECOMMENDS THE
FOLLOWING:**

- Prepare your car for night driving. Clean headlights, taillights, signal lights, mirror faces and windows once a week. All windows should be cleaned on the inside as well as the outside.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive or consume any medications which warn about operating a motor vehicle while taking them.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will make it easier for other drivers to see you. Being seen is as important as seeing. Daylight running lights are only 60% power. At night, you need the full strength of the headlights as well as the tail and marker lights.
- Reduce your speed and increase your following distances.
- When following another vehicle, keep your headlights on low beam so you don't blind the driver ahead of you.
- Avoid glare from oncoming bright headlights by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise.
- If you have car trouble, pull off the road as far as possible. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.

http://www.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Driving-at-Night.pdf
